

**The study incidence of obesity among pregnant women in Ardabil health care  
centers in 2009**

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**Background and Aim:** Incidence of obesity appears to be rapidly increasing in developing countries. obesity contributes to significant several condition that include diabetes, hypertension and else. mortality and morbidity in obstetric practice due to its potentially adverse effects on pregnancy. incidence of obesity in the pregnant population very increased. the aim of present study was to reterminr the incidence of obesity in Ardabil pregnant women in 2009.

**Material and methods:** In cross sectional –descriptive study and sampling component (cluster and simple sampling) 225 obese pregnant women (2055 total pregnant women) were go to health care centers in first prenatal visit are choosen. obesity was defined as having a body mass index (BMI)  $> 30 \text{ kg/m}^2$  or more. demographic and bmi were obtained and were recorded in special files. the data were analysed by spss manager.

**Results:** In study data showed that 10/4% of pregnant women were obese. mean of age of sample was 28yr (64 sample) and mean of BMI was  $31/71 \pm 3/06$ . between education level and bmi and parity in pregnant women and BMI is significant statistical and between age, job and gravida in pregnant women and BMI not significant statistical.

**Conclusion:** Results confirmed that incidence of obesity in Ardabil pregnant women was same in worldwide countries therefore education of women in prepregnancy and improve of knowledge of pregnant women for obesity and complication in pregnancy and improve of quality of care in health care centers and care of family planning services is essential and recommended. words; Pregnant women, obesity